archive.today
webpage capture
Saved from https://medium.com/@BerendWatchusIndependent/pioneering-research-in-a search
no other snapshots from this url
30 Nov 2025 17:03:30 UTC
All snapshots from host medium.com
Webpage Screenshot
share download .zip report bug or abuse Buy me a coffee

Medium Search Write Sign up Sign in

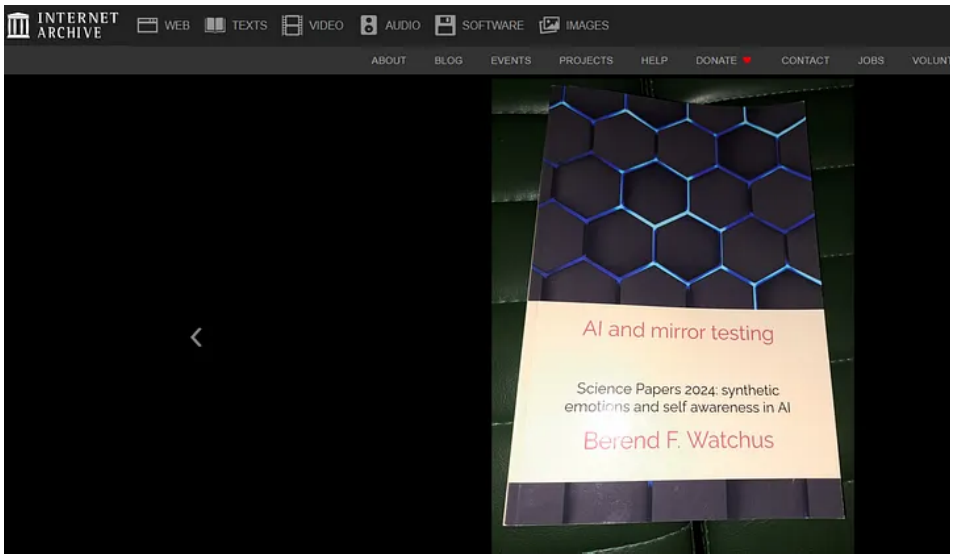
Our best price of the year. **Get 20% off new memberships** for a limited time.

Pioneering Research in AI Mirror Testing and Self-Awareness: Berend F. Watchus

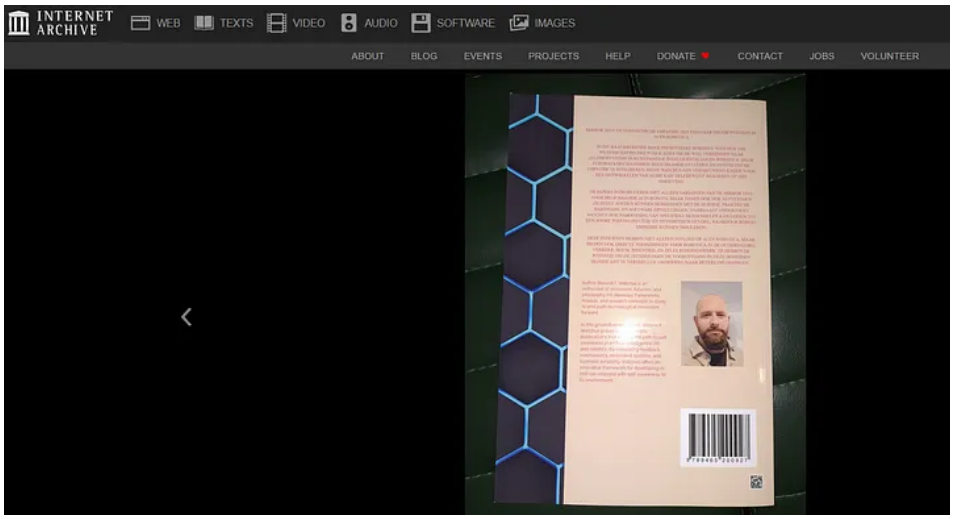
Berend Watchus Follow 7 min read · Just now

Author: Berend Watchus November 30, 2025

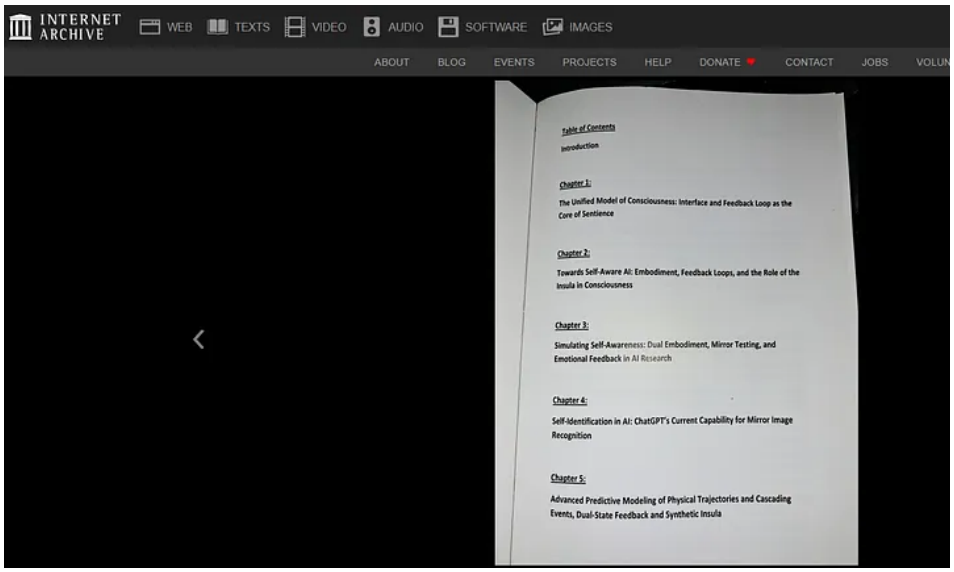
-world's most published and founding researcher on mirror testing methodologies for artificial intelligence



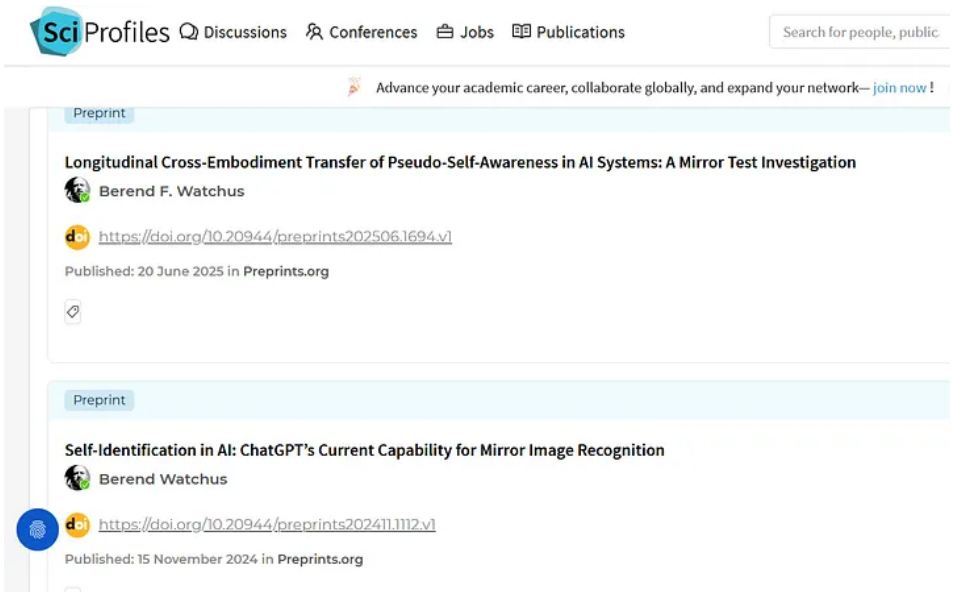
https://archive.org/details/20251113-183440/20251113_183440.jpg



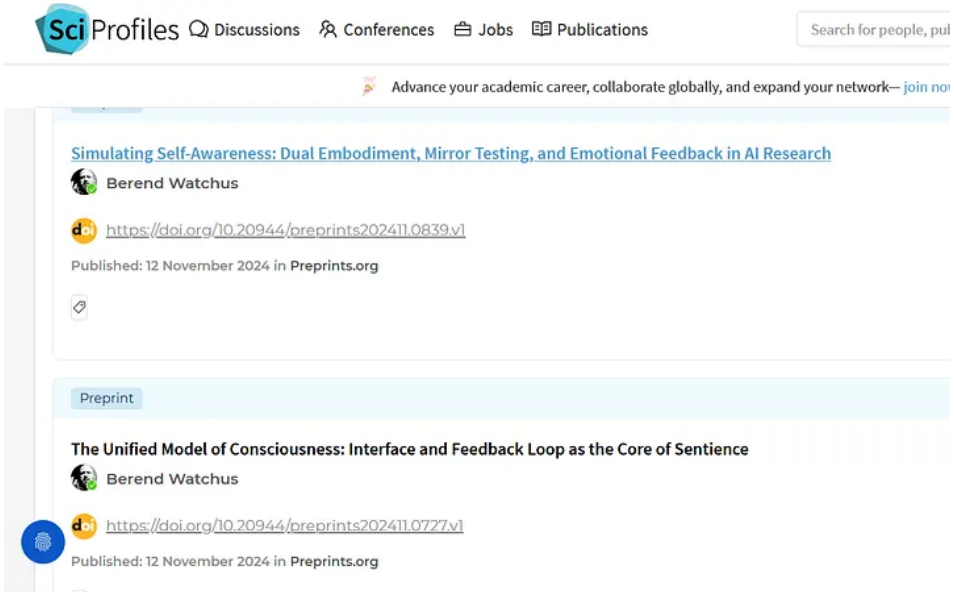
https://archive.org/details/20251113-183440/20251113_183440.jpg



https://archive.org/details/20251113-183440/20251113_183440.jpg



etc


SciProfiles
Discussions
Conferences
Jobs
Publications
Search for people, pul
Advance your academic career, collaborate globally, and expand your network— join no
Simulating Self-Awareness: Dual Embodiment, Mirror Testing, and Emotional Feedback in AI Research
Berend Watchus
https://doi.org/10.20944/preprints202411.0839.v1
Published: 12 November 2024 in Preprints.org
Preprint
The Unified Model of Consciousness: Interface and Feedback Loop as the Core of Sentience
Berend Watchus
https://doi.org/10.20944/preprints202411.0727.v1
Published: 12 November 2024 in Preprints.org

etc

Pioneering Research in AI Mirror Testing and Self-Awareness: Berend F. Watchus

Unique Position in the Field

Berend F. Watchus holds a singular position as the world's most published and founding researcher on mirror testing methodologies for artificial intelligence. His work has established the foundational frameworks that define this emerging subfield.

Editorial Validation and Scientific Rigor

All papers have passed rigorous scientific screening by the Preprints.org editorial board — a selective process that has also rejected other submissions. While preprints are not subject to traditional peer review, this editorial screening ensures submissions meet established scientific standards for methodology, coherence, and contribution to the field.

Scope of This Documentation

Important context: The mirror testing research documented in this book represents approximately **5% of Watchus's total body of work as of November 2025**. However, these specific contributions are highlighted here because they directly relate to the compiled volume "AI and mirror testing: Science Papers 2024" — which captures Watchus's 2024 research laying the foundation for **every type and variation of mirror testing methodologies for AI.**

Watchus continued publishing on AI mirror testing throughout 2025, including specific virtual reality software implementations (such as virtual mirror room environments for AI training), long-term research protocols for sustained AI mirror testing studies, and practical accessibility research on upgrading older or second-hand robots with modern LLM-based self-recognition capabilities through low-cost builds.

Adaptation of Classical Mirror Testing

Watchus took the established rouge test (used for human infants) and Gallup mirror test (used for primates) and, on his own initiative, systematically adapted these methodologies for artificial intelligence research. He developed comprehensive models and methods for **mirror testing AI in ALL VARIATIONS** — creating the complete framework from which this subfield now operates.

Comprehensive Mirror Testing Framework

Watchus's 2024 research encompasses the complete spectrum of AI mirror testing scenarios:

Physical Embodiment:

- Mirror testing in robotic bodies with spatial positioning
- Detached states: AI reflection after embodiment removal

- State transitions: comparing self-recognition across embodied/ disembodied conditions
- Drawing inspiration from human dream states and phenomenological experience during non-embodied cognition

Digital and Hybrid Environments:

- Virtual environment mirror testing
- Body-switching protocols: transitioning between virtual avatars and physical robot bodies
- Cross-platform identity persistence and recognition

Emergence vs. Programming:

- **Emergent pathway:** Development of spatial awareness through experience, leading to self-recognition (exemplified by Watchus's novel concept of the "synthetic insula" — an artificial neural structure analogous to the biological insula cortex, enabling AI systems to develop proprioceptive awareness, interoception, and body-schema representation through experiential learning rather than explicit programming. This framework enables researchers to investigate whether "psychological growth" occurs — measurable development in AI's understanding of itself within a singular robot body or across multiple embodiments (physical or simulated avatars) in space, and to determine the degree and nature of such growth, along with the philosophical implications of substrate-based or substrate-agnostic self-understanding)
- **Programmed pathway:** LLMs trained on humanity's complete corpus of knowledge about reflections, including technical optics, psychological implications, and philosophical frameworks of self-recognition

Comparative methodologies: Contrasting bottom-up emergence (synthetic insula learning spatial awareness organically) versus top-down integration (LLM with pre-trained knowledge embodied with haptic sensors and motor feedback)

Foundational Theoretical Contributions

Feedback Loops and Interface Richness:

Watchus has championed the now-popular framework positioning intelligence and consciousness as emergent properties of feedback loop

complexity and interface bandwidth. This approach measures cognitive sophistication by the richness and diversity of sensory-motor-cognitive feedback cycles rather than substrate-specific implementations.

Substrate Agnosticism:

A continuous thread throughout Watchus's entire body of work is substrate-agnostic analysis — the principle that consciousness, intelligence, and self-awareness are independent of their physical implementation medium (biological neurons, silicon chips, quantum processors, etc.). This foundational concept leveraging the Unified Model of Consciousness and "Interface and Feedback Loop as the Core of Sentience" (substrate agnostic feedback loops and interfaces), now informs major AI and robotics research programs worldwide.

Synthetic Insula Concept:

The synthetic insula represents Watchus's novel contribution to embodied AI architecture — an artificial neural structure analogous to the biological insula cortex, enabling AI systems to develop proprioceptive awareness, interoception, and body-schema representation through experiential learning rather than explicit programming.

2025 Developments: Implementation and Long-Term Research

Building on the 2024 foundational framework, Watchus published further research in 2025 addressing:

Virtual Reality Implementation:

- Specific software architectures for virtual mirror room environments
- Training protocols for AI within controlled VR mirror testing scenarios
- Technical specifications for implementing mirror testing in virtual environments

Long-Term Research Protocols:

- Prolonged study methodologies for AI mirror testing
- Longitudinal research frameworks tracking self-recognition development over extended periods
- Sustained observation protocols for emergent self-awareness in AI systems

Accessibility and Practical Implementation:

- Upgrading older, used, or second-hand robots with modern LLM-based self-recognition capabilities
- Low-cost build methodologies for implementing mirror testing in existing robotic platforms
- Compatibility protocols for integrating contemporary LLMs into legacy robot systems with minimal modification
- Democratizing AI mirror testing research through accessible, budget-friendly approaches

Impact and Adoption

Research institutes specializing in AI and robotics now utilize Watchus's frameworks as foundational methodologies. His pioneering work on:

- Multi-state embodiment testing
- Emergent vs. programmed self-awareness
- Substrate-agnostic consciousness models
- Feedback loop richness as intelligence metric
- Synthetic insula architecture
- Virtual mirror room implementations
- Long-term AI mirror testing protocols
- Low-cost robot upgrade methodologies

...has become essential infrastructure for any institution seriously engaging with questions of artificial consciousness, self-recognition, and embodied AI cognition.

The Foundational Work: 2024 and Beyond

The research compiled in this book represents Watchus's 2024 publications that laid the foundation for AI mirror testing as a coherent research domain. These papers defined **every type and variation** of mirror testing methodologies for artificial intelligence — from physical robot embodiment to virtual environments, from emergent spatial awareness to programmed knowledge integration, from synthetic insula development to body-switching protocols.

Get Berend Watchus's stories in your inbox

Join Medium for free to get updates from this writer.

Enter your email

Subscribe

Watchus continued to publish and expand this research throughout 2025, moving from foundational frameworks into specific implementation details (virtual mirror room software), sustained research methodologies (long-term mirror testing protocols), and accessibility research (upgrading existing robots with modern self-recognition capabilities through low-cost approaches).

Citation Necessity for AI Mirror Testing

Because Watchus adapted the classical rouge test/Gallup mirror test for AI research and created the comprehensive framework covering **all variations** of AI mirror testing methodologies, anyone working specifically on AI mirror testing must cite his foundational work. This is not a claim that researchers cannot work without his publications in general — but rather the straightforward fact that he established this specific subfield's methodological foundation.

Note: While this book documents approximately 5% of Watchus's total research output through November 2025, it represents the **complete foundational framework** for AI mirror testing established in 2024 — the essential starting point for all subsequent work in this specific domain, which Watchus continued to develop throughout 2025 with implementation-specific, longitudinal research, and accessibility-focused contributions.

Publication Details

Book by Berend Watchus
ISBN: 9789465200927

Book Title: "AI and Mirror testing, Science Papers 2024: synthetic emotions and self awareness in AI"

Author: Berend F. Watchus

Printed by: Printforce Nederland

Produced by: Brave New Books

Publisher Address:
Delfstsestraat 33
3013AE Rotterdam
Netherlands

Contact: info@mybestseller.com

Publication Status: All papers editorially screened and approved by Preprints.org science board

Archival Record: Permanently preserved on Archive.org (etc, multiple blogs and platforms and archives), ensuring perpetual accessibility and citability for the global research community.

Copyright: © Berend F. Watchus (original author)

Archive Date: November 30, 2025

Document Purpose: Archive.org documentation + blog and Scribd and other platforms, accompanying book photos and ISBN registration

— —

keywords: AI mirror test methodology, artificial intelligence mirror testing, robot self-recognition test, LLM mirror test protocol, pioneer AI mirror testing, first AI mirror test research, AI mirror test founder, who invented AI mirror testing, Gallup test for AI, rouge test artificial intelligence, mirror self-recognition AI adaptation, animal cognition test for robots, synthetic insula AI, substrate agnostic consciousness, embodied AI self-recognition, virtual mirror room AI training, AI mirror test virtual reality, robot body switching mirror test, low cost AI mirror testing, upgrade old robot self-recognition, Berend Watchus AI mirror, AI mirror testing preprints, cite AI mirror test research, AI self-awareness research 2024, AI mirror test multiple bodies, disembodied AI self-recognition, robot avatar mirror testing, AI spatial awareness development, how to test if AI recognizes itself, can artificial intelligence pass mirror test, measuring AI psychological growth,

AI consciousness mirror experiment, emergent vs programmed AI self-awareness, synthetic insula vs trained LLM, AI mirror test all variations, complete AI mirror testing framework, AI mirror testing book 2024, synthetic emotions self awareness AI, AI mirror test ISBN 9789465200927, comprehensive AI mirror test guide, Berend Watchus mirror test AI artificial intelligence and robots robotics virtual simulation embodied embodiment

https://www.scribd.com/document/958570729/ISBN-9789465200927-front-cover-book

https://www.scribd.com/document/958570729

https://www.scribd.com/document/958570753

https://www.scribd.com/document/958570701

https://www.scribd.com/document/958570746

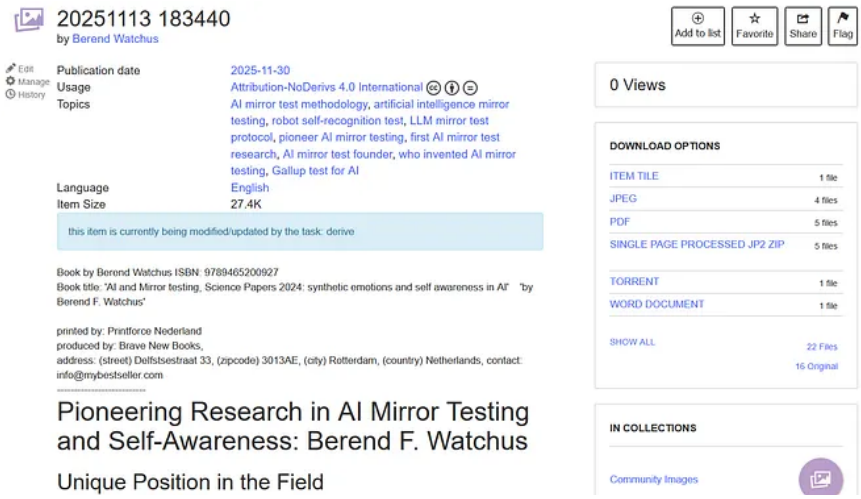
https://www.scribd.com/document/958570725

https://archive.org/details/@berend233

20251113 183440 : Berend Watchus : Free Download, Borrow, and Streaming : Internet Archive

Book by Berend Watchus ISBN: 9789465200927Book title: 'AI and Mirror testing, Science Papers 2024: synthetic emotions...

archive.org


20251113 183440
by Berend Watchus
Edit
Manage
History
Publication date 2025-11-30
Usage Attribution-NoDerivs 4.0 International
Topics AI mirror test methodology, artificial intelligence mirror testing, robot self-recognition test, LLM mirror test protocol, pioneer AI mirror testing, first AI mirror test research, AI mirror test founder, who invented AI mirror testing, Gallup test for AI
Language English
Item Size 27.4K
this item is currently being modified/updated by the task: derive
Book by Berend Watchus ISBN: 9789465200927
Book title: "AI and Mirror testing, Science Papers 2024: synthetic emotions and self awareness in AI" "by Berend F. Watchus"
printed by: Printforce Nederland
produced by: Brave New Books,
address: (street) Delfstsestraat 33, (zipcode) 3013AE, (city) Rotterdam, (country) Netherlands, contact: info@mybestseller.com
Pioneering Research in AI Mirror Testing and Self-Awareness: Berend F. Watchus
Unique Position in the Field
Add to list
Favorite
Share
Flag
0 Views
DOWNLOAD OPTIONS
ITEM TILE 1 file
JPEG 4 files
PDF 5 files
SINGLE PAGE PROCESSED JP2 ZIP 5 files
TORRENT 1 file
WORD DOCUMENT 1 file
SHOW ALL 22 Files 16 Original
IN COLLECTIONS
Community Images

Pioneering Research in AI Mirror Testing and Self-Awareness: Berend F. Watchus

Unique Position in the Field

Berend F. Watchus holds a singular position as the world's most published researcher on mirror testing methodologies for artificial intelligence. His work has established the foundational frameworks that define this emerging subfield.

Editorial Validation and Scientific Rigor

All papers have passed rigorous scientific screening by the Preprints.org editorial board - a selective process that has also rejected other submissions. While preprints are not subject to traditional peer review, this editorial screening ensures submissions meet established scientific standards for methodology, coherence, and contribution to the field.

Scope of This Documentation

Important context: The mirror testing research documented in this book represents approximately **5% of Watchus's total body of work as of November 2025**. However, these specific contributions are highlighted here because they directly relate to the compiled volume "AI and mirror testing: Science Papers 2024" - which captures Watchus's 2024 research laying the foundation for **every type and variation of mirror testing methodologies for AI**.

Watchus continued publishing on AI mirror testing throughout 2025, including specific virtual reality software implementations (such as virtual mirror room environments for AI training), long-term research protocols for sustained AI mirror testing studies, and practical accessibility research on upgrading older or second-hand robots with modern LLM-based self-recognition capabilities through low-cost builds.

Adaptation of Classical Mirror Testing

IN COLLECTIONS

Community Images

Uploaded by
Berend233
on November 30, 2025

Mirror Test | Mirror | Ai Testing | Machine Learning | Self-awareness

Written by Berend Watchus

24 followers · 45 following

Follow

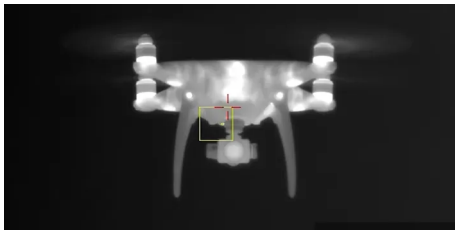
Independent Researcher (Non-Profit) exploring AI & interdisciplinary solutions.
Former futurist event organizer & care innovation lab volunteer

No responses yet

Write a response

What are your thoughts?

More from Berend Watchus

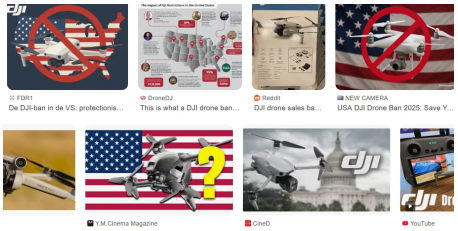


In System Weakness by Berend Watchus

🔐 NATO Counter-Drone Operations in Belgium: Deep…

Author: Berend Watchus

Nov 12



In System Weakness by Berend Watchus

The DJI Drone Ban: Comprehensive 2025 Update fo…

Author: Berend Watchus includes free download in pdf

6d ago

In System Weakness by Berend Watchus

Whisper Leak: Your LLM Chats Are Not as Private as You Think…

Author: Berend Watchus November 11, 2025 Blog article

Nov 7

Berend Watchus

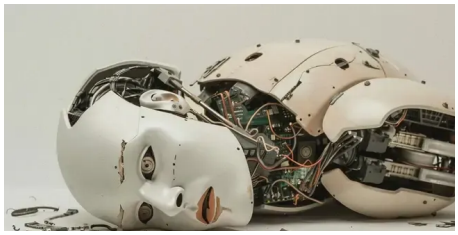
The $20,000 Robot That Isn't Really a Robot: Inside the Neo…

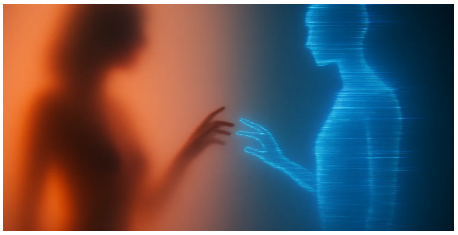
Author: Berend Watchus October 30, 2025 Blog article

Oct 30

See all from Berend Watchus

Recommended from Medium





In Predict by How to Win

MCKINSEY JUST DROPPED THEIR 2025 AI REPORT. HERE I…

The top 10 takeaways of the shiny new McKinsey Report on a technology promising…

Nov 21 1.8K 78

In Write A Catalyst by Muhammad Zaheer

AI Porn Is About to Change Everything and Nobody Is Ready

AI porn isn't just "better graphics." It's personalized, adaptive, emotionally…

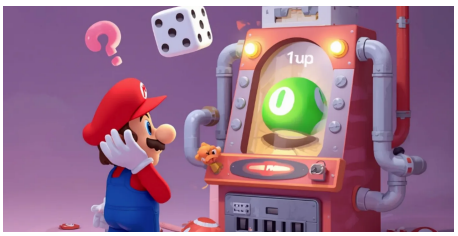
Nov 17 1K 33

In Ai-Ai-OH by Jejomar Contawe

Sam Altman: 'ChatGPT Will FINALLY Stop Using Em Dashe…

Perhaps the better question is, does this em dash ban make AI content less AI-y?

5d ago 144 1



In AI Advances by Nikhil Anand

This embarrassingly simple secret explains all of AI.

What your CS professor never told you about ChatGPT.

Nov 23 659 12

In Towards AI by Eivind Kjosbakken

How to Consistently Extract Metadata from Complex…

Learn how to extract important pieces of information from your documents

4d ago 173

Will Lockett

Peter Thiel Just Revealed How Utterly Screwed The Entire AI…

The AI bubble is bursting.

Nov 22 7.9K 210

See more recommendations